

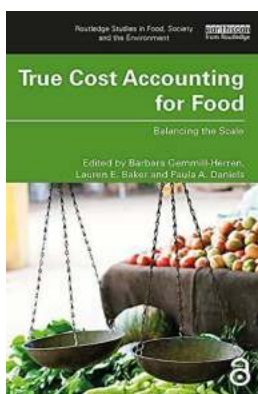
# The Essential Guide to Balancing The Scale: Transforming Our Food Systems for a Sustainable Future

Food plays a vital role in our lives. It nourishes our bodies, brings people together, and enables cultural and economic development. However, our current food systems face numerous challenges that threaten our health, the environment, and social equity.

To address these challenges and create a more sustainable future, the Routledge Studies In Food Society And The Environment have delved deep into the complexities of our food systems. Their comprehensive research explores how we can balance the scale, ensuring that our food choices align with ecological, ethical, and social principles.

## Understanding the Issues

In order to achieve sustainability, we need to understand the underlying issues plaguing our food systems.



## True Cost Accounting for Food: Balancing the Scale (Routledge Studies in Food, Society and the Environment) by Tilman Borgers (1st Edition, Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English  
File size : 6659 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 316 pages



Our global population is growing rapidly, and by 2050, it is estimated that we will exceed 9 billion people. This increase puts immense pressure on agricultural practices. Conventional farming methods heavily rely on chemical inputs, resulting in soil degradation, biodiversity loss, and water pollution. Moreover, small farmers struggle to compete with industrial agriculture, which leads to social and economic inequities.

Food waste is another significant issue. Globally, about one-third of all food produced is wasted, which contributes to greenhouse gas emissions and depletes resources. Moreover, access to healthy and nutritious food is a challenge for many marginalized communities, exacerbating health disparities and inequality.

## **The Way Forward: Balancing the Scale**

Balancing the scale requires transformative changes across various sectors of our food systems. The Routledge Studies In Food Society And The Environment offer valuable insights into how we can achieve this balance.

### **1. Sustainable Agriculture**

The first step in transforming our food systems is transitioning towards sustainable agriculture practices. Emphasizing organic and regenerative farming methods will reduce reliance on synthetic inputs, protect biodiversity, and improve soil health. This shift can be supported by policy changes, increased investment in research, and education for farmers.

### **2. Reducing Food Waste**

Tackling food waste is a collective responsibility. Individuals, businesses, and governments must work together to minimize wastage at all stages of the food supply chain. Strategies such as improved storage, better logistics, and redistributing surplus food can significantly reduce food waste and its associated environmental impact.

### **3. Promoting Food Equity**

Ensuring access to healthy, affordable, and culturally appropriate food is essential for building equitable food systems. The Routledge Studies In Food Society And The Environment explore various approaches to address food insecurity, such as supporting local food initiatives, facilitating urban farming, and empowering marginalized communities to shape their food environments.

### **4. Shifting Diets**

Our dietary choices have a profound impact on the environment. Shifting towards more plant-based diets, reducing meat consumption, and embracing alternative protein sources can contribute to reducing greenhouse gas emissions, mitigating deforestation, and improving human health.

### **The Role of Education**

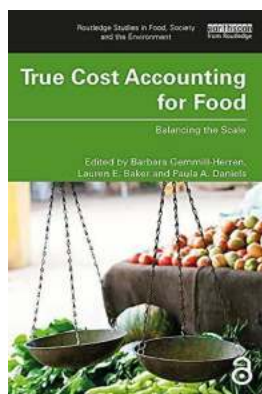
Education plays a pivotal role in driving these transformative changes. The Routledge Studies In Food Society And The Environment highlight the importance of integrating food systems education into formal curricula. By fostering a deeper understanding of the interconnections between food, society, and the environment, we can inspire future generations to make informed choices and actively participate in building sustainable food systems.

### **The Call to Action**

The need to balance the scale in our food systems is urgent. The Routledge Studies In Food Society And The Environment have paved the way for innovative research and solutions, but it is up to all of us to take action.

Whether you are an individual consumer, a policymaker, an educator, or a business owner, there are steps you can take to initiate change. By supporting local farmers, reducing waste, advocating for sustainable practices, and demanding transparency in the food industry, we can collectively drive the transformation necessary to create a healthier planet and society.

Together, let's embrace the principles of balance and sustainability to reshape our food systems and forge a brighter future for generations to come.



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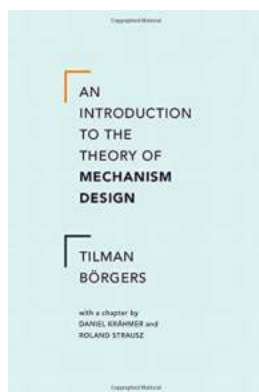


This book explains how True Cost Accounting is an effective tool we can use to address the pervasive imbalance in our food system.

Calls are coming from all quarters that the food system is broken and needs a radical transformation. A system that feeds many yet continues to create both

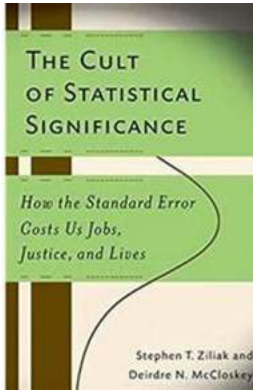
extreme hunger and diet-related diseases, and one which has significant environmental impacts, is not serving the world adequately. This volume argues that True Cost Accounting in our food system can create a framework for a systemic shift. What sounds on the surface like a practice relegated to accountants is ultimately a call for a new lens on the valuation of food and a new relationship with the food we eat, starting with the reform of a system out of balance. From the true cost of corn, rice and water, to incentives for soil health, the chapters economically compare conventional and regenerative, more equitable farming practices in and food system structures, including taking an unflinching look at the true cost of cheap labour. Overall, this volume points towards the potential for our food system to be more human-centred than profit-centred and one that has a more respectful relationship to the planet. It sets forth a path forward based on True Cost Accounting for food. This path seeks to fix our current food metrics, in policy and in practice, by applying a holistic lens that evaluates the actual costs and benefits of different food systems, and the impacts and dependencies between natural systems, human systems, agriculture and food systems.

This volume is essential reading for professionals and policymakers involved in developing and reforming the food system, as well as students and scholars working on food policy, food systems and sustainability.



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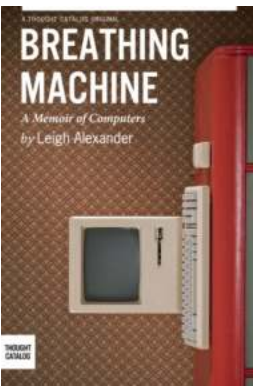
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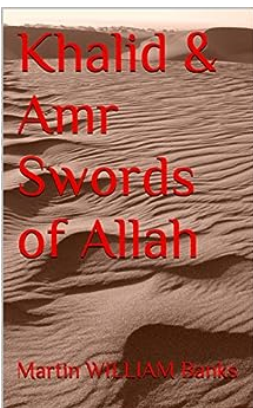
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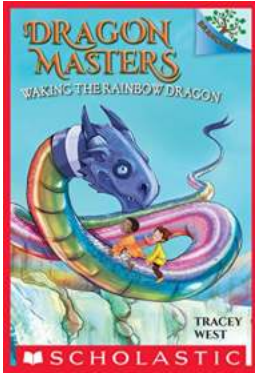
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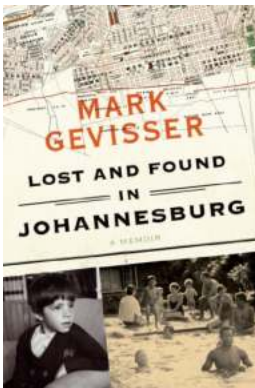
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